

# Body Strut

**COPPER KNOB**  
STEPSHETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Barbara Mease & David Whitehead (USA) - January 2019  
音乐: Body Talks (feat. Kesha) - The Struts



## Intro: 32 Counts

### Toe Struts To The Left w ¼ Turn Left

- 1-2      Touch R Toe across the left foot, Drop R Heel
- 3-4      Touch L Toe to L Side, Drop L Heel
- 5-6      Touch R Toe across the left foot, Drop R Heel
- 7-8      Turn ¼ turn L and touch L Toe forward, Drop L Heel (9:00)

### Cross, Back, Back, Hold, ½ Turn L Hold

- 1-4      Cross R Foot in front of L, step L back, step R Back, hold
- 4-8      Turn ¼ turn L stepping L to the side (6:00), Step R next to L, Turn ¼ turn L and step L forward, hold (3:00)

### Make 1/2 Circle To The Left With Heel Struts

- 1-4      Turning 1/8 Left touch R Heel forward, drop R toe, Turning 1/8 turn L touch R heel forward, Drop L toe
- 5-8      Repeat counts 1-4 (9:00)

### Apart, Hold, L Knee, Hold, Heel Swivels

- &, 1, 2      Step R to R side (&), Step L to L side (1), Hold (2)
- 3-4      Drop R knee across L as raise R Heel, Hold
- 5-8      Swivel heels R,L,R,L Weight ending on L (9:00)

## Repeat

**Tag & Restart: On wall 12 (3:00) dance the first two sections (16 counts) You will be facing 6:00. Add this tag: Touch R across L, unwind ½ turn L, hold, clap hands, then restart the dance facing 12:00**

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